Senator Kuipers' monthly cable program airs on local cable-access stations across the $30^{\rm th}$ Senate District.

Dates and times of Capitol Comments:

Residents of Grand Haven, Holland, Muskegon and Zeeland: Channels 14, 16 and 22 Plays weekly on Tuesdays at 3:36 p.m. and Thursdays at 3:38p.m.

Residents of Grandville, Hudsonville and Jenison: Channels 21 and 25 Plays weekly on Fridays at 6 p.m.

Residents of Grand Haven. Channel 21 Plays weekly on Mondays at 6:30 p.m. and Tuesdays at 4:30 p.m.

Kent County residents Channel 25 Times pending